

LOCAL TALK

NEWARK • IRVINGTON • EAST ORANGE • ORANGE • WEST ORANGE • SOUTH ORANGE • MAPLEWOOD • BLOOMFIELD • MONTCLAIR & MORE

VOLUME 24 • ISSUE 3 * NOVEMBER 16 - NOVEMBER 22, 2023

25¢

“LET’S TALK FOR THE BETTERMENT OF OUR COMMUNITIES”

OFFICIAL NEWSPAPER

ESSEX COUNTY • EAST ORANGE • ORANGE BOARD OF EDUCATION

1576 Springfield Avenue • Maplewood, NJ 07040

Phone: 973-622-1111 • www.localtalkweekly.com

E-mail - Newspaper: localtalk@aol.com * Printing: localtalkprinting@gmail.com

INDEX

Editorial & Weather: 02

National Caregivers Month: 07

Town Watch: 10

From the Pastor’s Heart: 12

Sports Wrap: 05

Pre-Christmas Special: 08

Giving Tuesday: 11

ORANGE MAYOR APOLOGIZES OVER "SUDDEN" WATER BILLING SWITCH

By Walter Elliott

ORANGE - It is not often that a mayor apologizes for a misstep, and in three languages, but that is what Orange Mayor Dwayne D. Warren tried to do over a sudden water payment mishap here Nov. 7.

Warren had posted on the official city website's CivicEngage page that Tuesday a five page open letter regarding the 11th hour change of water bill mailing addresses of Nov. 1. A second and third copy of the Mayor's remarks were respectively given in Spanish and French Creole.

"I write in response to concerns regarding the lack of notice of the change in the water management company and the disruption it has caused to residents," opened the Mayor. "On

behalf of my Administration, I apologize for residents on a Zoom call concerning this and a plethora of other issues. Finally, we've identified and addressed the source of the communication breakdown."

Many residents and other Veolia customers found a notification on the Hackensack-based water management company's website Nov. 1 that it is no longer taking water bill payments. The Orange Water Department customers on its watch were instead to address checks and send them to the city's tax department billing office.

Veolia's announcement came at the start of the Nov. 1 quarterly billing for water, sewer, open space, Orange Public Schools, Essex County and property taxes due Orange. By "due Orange," the city, like other municipalities,



is the collection agent for itself plus the school district and the county.

The announcement also came during the Nov. 1-10 grace period before payments received Nov. 10 or later will be assessed an extra late fee and/or an interest penalty. That Friday also happened to be when New Jersey observes Veterans Day, normally

held on Nov. 11, closing municipal, county and state offices.

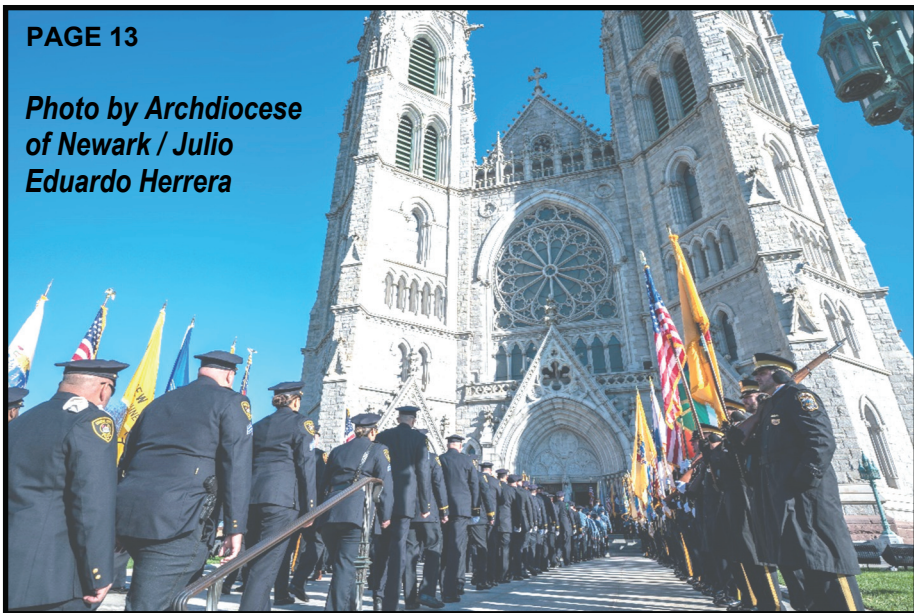
Warren, however, drew back to the 1990s, when United Water was named to handle the Orange Water Department's operation, maintenance and billing. The city's seven wells in the South Mountain Reservation and the Chestnut Street Station purifica-

(Continued on page 4)

FALLEN PORT NEWARK FIREFIGHTERS & POLICE OFFICERS REMEMBERED

PAGE 13

Photo by Archdiocese of Newark / Julio Eduardo Herrera



NJ TRANSIT ISSUES SCHEDULES FOR 24, 31, 44 BUSES

By Lev D. Zilbermints

NEWARK - Since taking over operations of the #24, #31 and #44 buses from CoachUSA ONE, New Jersey Transit took its time in getting out both paper schedules and electric signs showing the bus's destination. What follows is research by "Local Talk" from October 18 to November 9. The results of this research are incorporated into the article.

On October 18, "Local Talk" took the 7:05 p.m. #31 New Jersey Transit bus to South Orange. The bus was not over-

crowded. There were plenty of vacant seats available. Many passengers checked their cell phones, dozed quietly or just sat calmly.

As the bus travelled South Orange Avenue, the driver frequently beeped the horn to ensure cars ahead of him let the bus through.

The bus had no indication where it was going, except the electronic #31. Thus, a commuter would have to stop the bus to find out whether its destination was Dover Street on the South

(Continued on page 4)



Primary Care Multi Specialty Group

THE HEART CENTER OF THE ORANGES

60 Evergreen Place, Suite 400, East Orange, NJ

Offering Same Day
Appointments for
All Specialties and
DOT Exams

Turn
To
PAGE
9



Editorial
Dhiren Shah
 Editor-In-Chief

Hello Readers,

Happy Diwali and Happy Indian Calendar New Year to all our readers.

Joe Manchin will not run for the Senate in 2024. He is the only Democrat who is for the issues rather than the party in my opinion. This may give the GOP a chance to capture one additional seat to tie the Democrats in a heavily Republican state. Right now, the Democrats hold 48 seats with 3 supporting independents over 49 Republicans. However, if the newly open seat in West Virginia goes to the Republicans, with 23 seats up for election in 2024 stays the same, the Republicans could take at least a 51-seat majority in the Senate.

The White House and President Biden advocated for a 4

hour pause in fighting to allow flow for aid to go into Gaza. However, both the U.S. and Israel opposed a ceasefire. Why does the U.S. oppose a ceasefire? Because they may have control over our elected officials. The U.S. is giving about \$8 billion yearly to Israel (8.019 sq. miles), which in size is a little smaller than New Jersey (8.722 sq. miles). The politicians are under control of Israel with our money, which includes \$3 billion yearly in military aids and weapons. To hold control over the Middle East, it is necessary for the U.S. to assist Israel.

There are no good people who support what Hamas did. However, killing over 11,000 people with the majority being innocent people is not justice. In the U.S., we say let one criminal go free, but an innocent person should not be punished. With Israel, it is reversed. Let everyone suffer or die in Gaza whether they are innocent or criminal, but no criminal should go free.

Black people have suffered for ages. The 1921 Tulsa race massacre destroyed the prominence of wealthy Black people

and Native Americans who lived where thriving businesses were. Injustice have occurred for centuries. But slowly and gradually, it is changing. After the murder of George Floyd by police officers, it has changed drastically. Even though police culture is not changing drastically, new police recruits are being taught differently and more and more media outlets are covering black people news, which might impact the future.

Thousands of people convened at Washington DC's National Mall to protest and appeal for hostages to be freed. They all gathered at the march condemning antisemitism. The October 7 surprise attack on Israel by Hamas is a little over six weeks old, but cannot be forgotten. Meanwhile, there was a similar gathering in DC with people supporting Palestine. However, it got virtually no media coverage.

Donald Trump's sister Maryanne Trump Barry passed away. Maryanne was a senior judge on the 3rd U.S. Circuit Court of Appeals, a level below the Supreme Court. Donald Trump said, "My great sister, Maryanne, passed

away yesterday (Nov. 13) at the age of 86. A truly beautiful woman, tall and elegant, with a presence like no other, she was also a tremendous student, intellect, and Judge.... Her life was largely problem free, PERFECT, until I made it difficult for her when I decided to run for President."

The development going on in the cities makes it harder for current residents to live in the communities where they have lived their whole lives. The prices for groceries and other daily living needs where they used to live comfortably are tougher and costlier. Taxes are going higher, and the landlords, living outside the community, make money on behalf of the taxpayers. One thing at the core is tax abatements. Yes, after 30 years if the council and mayor do not reaprove the tax abatement, then more tax revenue will come to the city. Are you ready to wait for 30 years and pay more taxes for the benefit of the landlords?

Have a wonderful week.

I'll talk to you next time.

STAFF AND VOLUNTEERS FOR LOCAL TALK WEEKLY NEWSPAPER

Publisher & Editor-in-chief: Dhiren Shah
 Editors: Kristopher Seals • Anuj Shah
 Journalists / Writers: Kristopher Seals • Walter Elliott • Dhiren Shah • Anuj Shah • Akshat Shah • Asha Shah • Kinjal Shah • Thomas Ellis II • William Hathaway, Jr. • Lev D. Zilbermints • Dr. Robert Kennedy • Dr. Adil Manzoor • Fred Simpson • Andrea Dialect • Ahmed Screven, Esq.
 Photographers: Dhiren Shah • Kristopher Seals • Thomas Ellis II • Felicia Laguerre Owens • Douglas Adams, Jr.
 Designer: Local Talk
 Web Design: www.localtalkweekly.com

Inquire about our advertising rates. Get exposure to thousands of readers every week
Email us at localtalknews@gmail.com or call 973-622-1111

Subscribe to **LOCAL TALK** weekly newspaper
\$60 for one (1) year

Send your name, address and check or money order to:
Local Talk Weekly Newspaper • 1576 Springfield Avenue
Maplewood, NJ 07040 • Tel: 973-622-1111

To serve you in the best manner, we request that you send your comments, community calendar events, news and other information and queries related to advertisements to the editor on e-mail :
 localtalknews@gmail.com

LOCAL TALK POLICIES

• We reserve the right to accept or reject any news item, article or advertising, which is not in accordance with Local Talk's Statement of Purpose. We further reserve the right to edit, correct and modify all copy submitted. Letters, articles, and news events are welcomed; but Local Talk will not assume any responsibility for them. • We regret that the volume of mail and pressure of deadlines precludes sending acknowledgements of receipt; nor can advance notice be given if articles are accepted or rejected for publication. • Unused materials may be used at a later date (if not date sensitive) and therefore, they cannot be returned. • The printing of articles or advertising in Local Talk does not necessarily imply either endorsement or agreement by the editorial staff of Local Talk. • This publication will not be responsible for errors in advertising beyond the cost of the space occupied by the error. • We will not be responsible for errors within material disseminated by offices that release matter for public record.

WEATHER FOR THE WEEK

<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
Sunny	Mostly Cloudy	AM Rain	Mostly Sunny	Mostly Sunny	Mostly Cloudy / Rain	Showers
HI 64	HI 67	HI 55	HI 52	HI 47	HI 50	HI 51
LO 42	LO 50	LO 35	LO 33	LO 32	LO 39	LO 37

TRANSFER YOUR PRESCRIPTION HERE!



358 Main Street
East Orange, NJ 07018
973-266-9900
mikespharmacyllc@gmail.com



353 Main Street
Orange, NJ 07050
973-266-1002
orangerxpharmacy@gmail.com



13 William Street
Newark, NJ 07102
973-500-3660
newarkrxpharmacy@gmail.com



F/DESIGN SOLUTIONS · 862-448-9307

24H Covid-19 Testing
OTC Cards accepted
Blister Pack available

Free Delivery

NJ Lottery

Money Transfer

Western Union & RIA Money Transfer

Bill Payments

UPS Access Point

Fax, Print & Copy

SCAN & SAVE OUR
INFORMATION



WE ACCEPT WALK-INS! APPOINTMENT NOT REQUIRED!

WE ACCEPT ALL MAJOR HEALTH INSURANCE.



ORANGE WATER (Cont. from pg 1)

tion and pumping plant fell under its supervision.

"United Water was purchased by Suez. Veolia purchased Suez," continued Warren. "Upon expiration of Veolia's contract, it chose not to submit a bid because the contract wasn't lucrative enough."

The city put out requests for operator interest, one of which was Woodard & Curran, of Maine and East Windsor. The other company, explained Warren, "expressed interest but ultimately didn't submit a bid."

"It should be noted that the last time the contract was bid, Only Suez submitted," said the Mayor. "This is primarily because the City's account is too small to generate interest from large operating companies, like Veolia, and there are few companies that provide these services."

The City of Orange, population 34,447, receives 3.8 million gallons daily under United/Suez/Veolia management. Woodard & Curran handles 500 water systems among 17 states, from Boston (pop. 654,776) to Maple Shade (19,131).

"Based on the needs of the City," said Warren, "Woodard &

Curran was awarded the contract."

The City Council, indeed, passed Resolution 298-2023 in its Aug. 2 Consent agenda. Woodard & Curran are to manage Orange's water for \$14,438,585 for the next five years - or \$2,887,717 annually. The awarded contract has two annual extensions plus a five-year option.

Mayor Warren, in his apology letter, said that the latest contract "was done with the same transparency that the law requires: Public Notice, Public Posting of Bid Solicitation and Criteria, Public Opening of Bid Criteria and Public Awarding of Contract." The public awarding was done at a public council meeting, public comment and council vote.

The Orange Water Department then went through a three-month transition from Veolia to Woodard & Curran. Warren noted that this corporate change was made by "a completely different and unaffiliated company in almost a quarter of a century."

Administrators at Orange City Hall meanwhile decided to bring water and sewer billing into the Tax Department's house. That meant transferring data from Veolia's "old" software system to the Tax Department's in-house sys-

tem. A City of Orange release explained that the transfer "was lengthy, complex and not without challenges."

Integrating water and sewer with the rest of the Tax Department's billing preserves the Veolia-era's payment options, including:

- Paying in-person or via mail to Orange City Hall, 29 North Day St., Attn: Water Billing.
- Paying online with a credit or debit card or an automated check.
- Paying by phone - although the Orange release noted that the option will be up Jan. 1.

The city will be waiving interest and penalty fees now through Nov. 30. There is a 24-hour 1(888) 893-0546 customer and emergency service number.

It does appear to "Local Talk," however, that someone in City Hall had waited until almost Halloween - Oct. 31 - to post the water billing redirection notice. It may have happened while city staff were immersed in transferring billing data between the old and new software.

The last-minute billing change announcement, in the eyes of some Orange residents, was the latest city government procedural snafu.

"As of Nov. 1, residents of Orange were shocked to discover a notification on Veolia's website informing them to make future water payments directly to the city: declared a Nov. 3 "Open Letter to the Leadership of Orange." "This sudden and unannounced change in the water company is the second such change we've experienced in the past year, leaving us confused and angered - particularly in the wake of the October 2023 municipal tax increase."

The letter - signed by officials from the Seven Oaks Society, the Highland Avenue Society, Friends of Metcalf Park, the South ward Neighborhood Alliance, the Orange Citizens Action Group and the Northwest Neighborhood Alliance - stated that the billing change was not announced at the October Council meetings nor the city's Oct. 29 "Coffee and Conversation."

The signees called for:

- "A town hall meeting to explain the recent changes.
- "A public statement of apology for the lack of transparen-

cy and notification.

- "A thorough review of the systems, policies and individuals responsible for the inadequate communication and abrupt changes in crucial services.
- "Reaffirm (leadership's) commitment to creating a city that works efficiently for the benefit of its residents."

Curiously, public and official comments at the City Council's Nov. 7 live Zoom meeting focused on city elders approving Payment In Lieu Of Taxes for new housing construction. Some critics view such tax abatements as undervaluing and underfunding city services.

"When we do get it wrong, as in this case," concluded Warren, "I will stand out front to be held accountable."

NJ TRANSIT (Cont. from page 1)

Orange/Newark border or South Orange Center, half a mile away. By comparison, the previous owner, Coach ONE, made sure all of its buses, #24, #31, #44, showed their destinations. Initially, this was not the case with NJ Transit.

"Local Talk" asked the driver when the bus would have an electronic sign showing its destination. The driver told "Local Talk" that it would take a bit of time, but the issue would get addressed.

Things started changing as November replaced October on the calendar. On November 9, "Local Talk" saw #31 bus going to Newark. Its electronic sign showed its destination a Newark Penn Station. In a similar fashion, the #24 and #44 buses now have electronic signs showing their destinations.

"Local Talk" noticed that New Jersey Transit issued paper schedules for their new #24, #31, #44 buses on October 9, the first day of service. These schedules could be found on the NJ Transit online website and printed out. Later, paper copies of the schedules could be picked up both at Newark Penn Station and the buses themselves.

According to the #24 schedule, the bus starts in Elizabeth at Jersey City Gardens Cinema Bus Stop at 5:00 a.m. It then travels through Elizabeth, Newark, East Orange and Orange. The final

(Continued on page 5)

Non-healing Foot Wounds? Diabetic Foot Ulcers?



BEFORE



12 WEEKS LATER

We Save the Limbs that Others Can't.

DON'T WAIT.

These symptoms may mean serious problems:

Leg or Foot Pain • Gangrene • Non-Healing Wounds
Leg Cramping • Skin Discoloration

Prompt treatment is essential to preserving your long-term health and quality of life.

CALL TODAY: 833.PAD.EXPERT (723.3973)



John Rundback, MD



Endovascular & Amputation Prevention
Affiliated with American Endovascular

americanendovascular.com



Kevin Herman, MD

Now practicing at our newly located outpatient center:
347 Mount Pleasant Avenue, Suite 100, West Orange, NJ 07052

SPORTS WRAP



Photos By Felicia Laguerre Owens



By William Hathaway, Jr.

This past week, the excitement of a new college basketball season continued to spread. After the men showcased their talents, the Seton Hall women's team took to court at Walsh Gym. The Lady Pirates beat Bryant College 73-45. Freshman Micha Gray led The Hall with 22 points and graduate student Kae Satterfield added 10 points.

Gym on November 11th. Dre Davis had 11 points and 8 rebounds and Jaden Bediako had 12 points and 10 rebounds. FDU got 10 points from was Terrance Brown and Jameel Morris.

In the NFL, the Giants once again were less than competitive against the Dallas Cowboys, losing 49-17. In their two games with the 'Boys, Big Blue was outscored 89-17. Meanwhile, the Jets as usual were competi-



The Pirates shot 50 percent from the floor. Mia Mancini led Bryant College with 12 points. As of Tuesday, Seton Hall is 2-1 on the season.

As for the men's squad, SHU defeated Fairleigh Dickerson University 85-55 at Walsh

for the most part, but their lack of impact QB play caused them to come up short. Gang Green lost in Las Vegas 16-12 to the Raiders. Once more, the Jets failed to hit on a Hail Mary pass.



STOP SUFFERING
from debilitating fibroid symptoms

WE CAN HELP!

There is a medically safe non-surgical alternative to hysterectomy:

UTERINE FIBROID EMBOLIZATION (UFE)

Reduces the Size and Symptoms of Fibroids
Minimally Invasive Procedure

Fully Equipped Outpatient Center—NO Hospital Stay
Fewer Complications and Quicker Recovery

CALL OUR EXPERTS TODAY!

833.UFE.EXPERT (833.833.3973)

John Rundback, MD



American

Fibroid Centers

Kevin Herman, MD

Affiliated with American Endovascular

fibroidexpert.com

Now practicing at our newly located outpatient center:
347 Mount Pleasant Avenue, Suite 100, West Orange, NJ 07052

NJ TRANSIT (Cont. from page 4)

stop is Orange Erie Loop, off Main Street at Bus Shelter. All told, it takes the bus 1 hour 14 minutes to get from Elizabeth to Orange. This is during weekdays. The #24 runs every 20 minutes until 8 p.m., when it switches to 30-minute interval until 12:30 a.m.

On Saturdays, the #24 also operates at 30-minute intervals between 5 a.m. - 8:30 a.m. From there the interval is every 20 minutes until 6:10 p.m. Then it is again every 30 minutes between 6:30 p.m. - 12:30 p.m.

The Elizabeth/Jersey Gardens route is nearly identical on weekdays and Saturdays. Both start at 5:00 am at Erie Loop off the Main Street Bus Shelter in Orange. The trip, going through Orange, East Orange, Newark and Elizabeth, stops at Jersey Gardens Cinema Bus Stop in Elizabeth. It takes an hour and seven minutes to make the entire trip. On weekdays and Saturdays, the #24 operates every 20 minutes from 8:30 am - 6:10 p.m. Then the interval changes to every half hour. On Sunday, the bus runs 5:15 am - 1:21 am. with service

every 30 minutes, all day.

The #44 bus routes cover Orange, East Orange and Newark. Unlike the #24, the #44 operates once an hour on weekdays and Saturdays. When traveling to VA Hospital/ Orange Station, the #44 starts at Newark Penn Station, Raymond Blvd. side. It takes half an hour to make the trip from Newark to the final stop, Orange Railroad place at Essex Avenue and South Day Street.

On weekdays, there are 19 trips, from 6 am - 12 midnight. On Saturdays, there are 18 trips, from 6 am - 12 midnight. On Sundays there are 14 trips between 7:05 am - 12:25 a.m. The interval between trips is 1 hour 25 minutes.

"Local Talk" wrote about the new routes in its October 5th issue. Below is the information from that issue.

New NJ TRANSIT #24 Line

- Serves the Central Avenue Corridor in Orange, East Orange, and Newark, and the Frelinghuysen Avenue/ Newark Avenue Corridor in Newark and Elizabeth. Also

(Continued on page 12)



NJ TRANSIT INFORMATIONAL PUBLIC HEARING NOTICE

In accordance with Section 5 of P.L. 1984 c.578 of SCDRTAP, NJ TRANSIT is conducting a public hearing in order to gather information and receive comments from interested parties concerning programs developed pursuant to the Senior Citizen & Disabled Residents Transportation Assistance Program (SCDRTAP) Act. We will offer three (3) virtual informational hearing sessions covering the southern, central, and northern regions of New Jersey.

The Senior Citizen & Disabled Residents Transportation Assistance Program funds capital, operating, and/or administrative expenses for locally coordinated community transportation services for senior citizens and people with disabilities. The program also funds accessibility improvements to NJ TRANSIT's fixed route bus and rail system, the provision of technical assistance to the counties, and the administration of the statewide program.

All materials to be reviewed at this hearing are available in accessible formats upon request. Closed captioning is available for hearing-impaired individuals. Individuals requesting language support should contact Customer Service at 973-275-5555 at least ten (10) business days prior to the hearing date. **If you plan to speak at one of these virtual hearings, please contact Isabel Rojas at irojas@njtransit.com or leave your contact information via voicemail at 973-491-7456 by Wednesday, November 22, 2023.**

The public is invited to the **December 6, 2023**, hearings below at which time they will have a full opportunity to express their views regarding the Senior Citizen & Disabled Residents Transportation Assistance Program. In order to ensure that all members of the public are given an opportunity to be heard, comments will be limited to three (3) minutes.

Written comments for the record may be sent to Public Hearing Comments 2023, NJ TRANSIT, Local Programs & Community Transportation, One Penn Plaza East, 4th Floor, Newark, New Jersey 07105-2246, or via email at publichearings@njtransit.com by **Tuesday, November 28, 2023**.

SENIOR CITIZENS & DISABLED RESIDENTS TRANSPORTATION ASSISTANCE PROGRAM INFORMATIONAL PUBLIC HEARING

DATE: Wednesday, December 6, 2023

Session 1: 5:00 pm – Southern Region

Session 2: 6:00 pm – Central Region

Session 3: 7:00 pm – Northern Region

Join on your computer or mobile app - [Click here to join the meeting](#) or <https://bit.ly/3RLptyT>

[+1 862-294-4371](tel:+18622944371) (Toll) United States, Newark

Phone Conference ID: 518 178 362#

[Find a local number](#) | [Reset PIN](#)

For those who **have** access to E-mail, please contact Isabel Rojas at irojas@njtransit.com by **Wednesday, November 22, 2023**, and you will be emailed the link to join the meeting via video teleconference. For those who do **not** have access to a PC, Laptop, iPad, Tablet, or Smart Phone with E-mail, please use the telephone number and conference ID access code listed above to call in via telephone.

With this annual notice, we also invite the public to review and comment on the State Management Plans (SMPs) for the following Federal grant programs administered by NJ TRANSIT.

- FTA Section 5310 The Enhanced Mobility of Seniors and Individuals with Disabilities Program
- FTA Section 5311 Non-urbanized Area Formula Program for Rural Areas

These are available for review and comment on the S-Rides website at <https://s-rides.njtransit.com>. (Click on the *Additional Documents* link). Copies of the state management plans are also available upon request by calling 973-491-7456 or writing to NJ TRANSIT, Local Programs & Minibus Support Department, 4th floor, One Penn Plaza East, Newark, NJ 07105-2246. All comments can be submitted via the address above or by sending an email to SRIDES@njtransit.com.

An Access Link paratransit update will NOT be provided at the hearings. Access Link holds separate Customer Forums. If you have any questions regarding Access Link forums or service, please email adaservices@njtransit.com or call Access Link at 973-491-4224, choose option #5 for Customer Service, or call TT 1- 800-955-6765.

TITLE VI NOTICE TO BENEFICIARIES

NJ TRANSIT operates its programs and services without regard to race, color, or national origin, in accordance with Title VI of the Civil Rights Act of 1964, as amended. Any person who believes she or he has been subjected to discrimination on the basis of race, color, or national origin, or wishing to obtain additional information regarding NJ TRANSIT's Title VI obligations, may contact NJ TRANSIT Customer Service at 973-275-5555. A complaint or inquiry may also be filed by writing to NJ TRANSIT Customer Service - Title VI, One Penn Plaza East, Newark, NJ 07105. A complaint must be filed within 180 days of the alleged discrimination.

NOVEMBER IS NATIONAL CAREGIVERS' MONTH



OP-ED By Princess Owens, Family Liaison of Family Support Organization of Essex County

"If you find it in your heart to care for somebody else, you will have succeeded." Dr. Maya Angelou's quote emphasizes that success in caregiving lies in the act of loving and serving. However, the role of a caregiver comes with challenges. With benevolence can come the weight of empathetic selflessness.

Many view caregiving as a significant manifestation of the good of humanity, but it can be an incredibly overwhelming journey. Caregivers often bear the weight of their responsibilities without receiving the support they truly deserve. These selfless individuals are the unsung heroes of our society, tirelessly aiding and serving others. This leaves little room for caregivers to prioritize their own well-being, ultimately leading to stress.

What is Stress?

Stress is a response that can lead to an imbalance in our nervous system, affecting our anxiety, mood, thoughts, and decision making. This unevenness impacts on our overall make-up, which includes the neuroendo-

crine, autonomic, immune, and metabolic systems. As a result, there are changes in hormones, nervous system responses, immune function, and metabolic processes. They are felt and visible in our high-level functioning.

The Presence of Stress in Our Daily Lives

Experiencing stress on a regular basis is detrimental to our experiences, as it tends to bring about feelings of anxiety, frustration, loneliness, and even anger. This state of being can have a significant impact on your everyday life, making it harder to concentrate, interact with others and deal with responsibilities. Moreover, stress not only affects us mentally but can also take a toll on our physical well-being. It is common for stress to manifest itself in various physical symptoms, such as an upset stomach, skin problems, or other bodily discomforts. It is crucial to recognize the interconnectedness of our mental and physical health.

How to Recognize a Stressor

Identifying your stress triggers is a crucial step in understanding and effectively managing stress. By making statements like: "I become overwhelmed when...", "At home, I wish peo-



fsoec.org
(973) 395-1441



Family Support Organization of Essex County (FSOEC) offers support groups and workshops for parents and caregivers of children with special needs. You're not on this journey alone!

NOVEMBER 14: Let's Talk — Parent Support Group meets 6:30 p.m. monthly on 2nd Tuesdays to help parents and caregivers learn new strategies that effect positive change.

NOVEMBER 15: New Family Welcome Group meets 6:30 p.m. monthly on 1st and 3rd Wednesdays is for caregivers to learn their guided journey. We introduce our organization, team, and services.

NOVEMBER 30: Better Together Dads meets 6:30 p.m. monthly on 4th Thursdays to give fathers a safe place for connection with other passionate dads.

DECEMBER 5: Nurtured Heart Approach meets 6:30 p.m. monthly on 1st Tuesdays for English and Spanish-speaking parents to connect and address their concerns, questions, and feelings about raising a child with special needs.

Our activities occur on Zoom and in person, visit our website for the details: <https://bit.ly/fsoeevents>

ATTENTION! FSOEC is Hiring Family Partners.

Learn More: <https://bit.ly/fsoechiring>

ple would..." or "I don't like how I feel when...", can help you gain insight into the specific situations or behaviors that contribute to your stress levels. Not only does this self-reflection enable you to take control of your emotional well-being, but it also empowers you to establish healthier boundaries and find appropriate coping mechanisms.

How to Cope with Stress

Being a caregiver can be overwhelming, but there are effective ways to manage stress and cultivate a safe environment. Here are some tips:

- Prioritize self-care and make time for activities you enjoy.
- Engage your senses. What regulates your nervous system when you see, hear, smell, feel, or experience it?
- Embrace community-care. Accept help from family, friends, or support groups.
- Recognize when it is time to pause and breathe. Practice mindfulness through deep breathing or meditation.
- Trust your "no" as much as

your "yes." Set healthy boundaries and define your own window of intolerance.

- Stay connected with a strong support network.
- Celebrate small victories and milestones along the way.
- Seek professional help when necessary.
- Trust your innate belief in hope.
- Give yourself grace.

In conclusion, caregiving is a complex and demanding role, but it is also an incredibly fulfilling and purposeful position. By practicing mental hygiene, taking care of yourself, and seeking village support, you can navigate this journey with resilience and compassion.

Remember that your work and dedication make a significant difference in the lives of those you support. Always remember that we appreciate you when you feel unseen. We value you when you feel unheard. You reflect hope and the goodness in humanity. Keep pushing forward.

LOCAL TALK

PRE-CHRISTMAS SPECIAL

BOOST BUSINESS DEAL

\$499

Regular \$935

Size: 4.8" x 6.125" - Vertical or Horizontal Advertisement
in Local Talk Weekly Newspaper for 4 weeks

1000 - FULL COLOR BUSINESS CARDS

TWO SIDED OR ONE SIDE * FREE BASIC TYPESETTING

FREE DIGITAL PROOF - up to Two Times then \$5 per proof

PRINTING SINCE 1985

Local Talk Newspaper Since November 2000

Expires: Dec. 4, 2023

\$99

Regular \$150

500 COLOR COPIES FULL COLOR

8 1/2 x 11 * 24lb. Paper

Available Glossy / Cover Stock with slightly higher price

CAMERA READY ART

Full Color * 1-2 Bus. Days Delivery

\$99 plus applicable sales tax

Expires 12-04-23

Must present at time of ordering * Cannot be Combine with other discounts

PRINTING

- Business Cards
- Letterheads
- Envelopes
- Brochures
- Calendars
- Bookmarks
- Flyers
- Door Hangers
- Greeting Cards
- Labels
- Postcards
- Posters
- Table Tents
- Complete Printing

PRINTING

- NCR forms
(2 parts / 3 parts)
- 2/3 Part Booklets
- TICKETS
(with stub & Numbered)
- & More

LARGE FORMAT

- Acrylic Signs
- Vinyl Banners
- Display with Banner
- X-Frame + Banner
- Aluminum Boards
- Dye Sublimation
- YARD SIGN
- Window Cling

FREE PARKING ♦ HUGE SAVINGS ♦ BETTER SERVICE ♦ Printing SINCE 1985 ♦ Newspaper SINCE 2000
 1576 SPRINGFIELD AVENUE, MAPLEWOOD, NJ ♦ localtalk@aol.com ♦ localtalkweekly.com
 Tels. (973) 622-1111 ♦ (973) 280-7547 ♦ E-mail: localtalkprinting@gmail.com



Heart Center of the Oranges

Welcome to Our New Center for Diabetes and Metabolic Diseases

OUR PROVIDERS

CARDIOLOGY

Gitendra Rajiyah, MD
Catalino Delacruz, MD
Bhavna Mohandas, MD
Abbas Shehadeh, MD
Isaac Tawfik, MD
Marlyn Escalona, APN
Lou Alexandre, PA

PULMONARY/SLEEP DISORDERS

Jeffrey Miller, DO

PODIATRY

Jodene Shwer, DPM
Amro El-Nakib, DPM

NEUROLOGY

Ruth Clark-Brown, MD
Borget Cort, APN

GYNECOLOGY

Clifford Toliver, MD

PEDIATRIC & ADULT ENDOCRINOLOGY

Tara Rajiyah, MD

NUTRITION

David Sonenberg, MS, RD, CDE

PRIMARY CARE/ INTERNAL MEDICINE

Eddy Simon, MD
Nancy Cahiwat, MD
Mamatha Mohan, MD
Myriam Sterlin, MD
Aleksander Lekan, MD
Hemlata Bhatia, MD
Narinda Kaur, MD
Normita Narvaez, MD
Ramesh Kania, MD
Nivia Rowe, APN
Roody Dalberis, APN
Sanjaykumar Shah, APN
Mary Elias, APN
Janiece Howell, APN
Jamila Jones, DNP



Treating Both Adults and Children of All Ages



We now treat a variety of endocrine disorders including Type 1 and Type 2 Diabetes, Thyroid Diseases, Osteoporosis And Metabolic Bone Disorders
Dr. Tara Rajiyah treats both adults and children
Call 973-395-1550 for an appointment * 77 Main Street, West Orange

Contact us: **973-395-1550** • **Orangeheartcenter.net**

VISIT ONE OF OUR OTHER CONVENIENT LOCATIONS:

- | | | |
|----------------------|--------------------------------|-------------------|
| South Orange: | 60 Vose Avenue | Tel. 973-763-5200 |
| Maplewood: | 2091 Millburn Avenue | Tel. 973-378-2266 |
| Bloomfield: | 135 Bloomfield Avenue, Suite B | Tel. 973-743-2248 |
| Newark: | 202 Stuyvesant Avenue | Tel. 973-374-8807 |
| West Orange: | 77 Main Street | Tel. 973-324-2090 |
| West Orange: | 95 Main Street | Tel. 973-672-3829 |
| West Orange: | 92 Old Northfield Avenue | Tel. 973-736-5552 |



DISCLAIMER: The following items are primarily drawn from first responders. Responders' accounts may not be their full activity range. Grand juries hand down indictments when evidence presented them warrant a trial. Named suspects/defendants are innocent until proven guilty beyond a reasonable doubt in a court of law.

NEWARK

The Newark Teachers Union wants to see the Newark School of Global Studies "bias culture" report so badly that they have filed a lawsuit in New Jersey Superior Court-Newark Nov. 3 against the Newark Public Schools.

The NTU wants a Superior Court judge to grant access to the report, which Superintendent of Schools Roger Leon has maintained that it is an "internal report." By deeming the report as "internal," Leon reasons that the document is exempt from the Open Public Records Act.

The report, conducted by consultant CREED Strategies, of Newark, examined the existence and degree of on-campus racial harassment of African- and Latin - Americans as reported by students and teachers. The Institute of Global Studies is a magnet immersion high school that opened in a closed middle school building in Lower Broadway in September 2022.

The NPS Board of Education, responding to November 2022 public speaker complaints, granted a data sharing contract with CREED in January. The report was presented at the board's Sept. 28 meeting - but was publicly discussed in summary form.

NTU filed an OPRA request Sept. 29 on the grounds of "Common Law Right of Access" but was denied by the NPS Central Office. The NAACP-Newark

Branch also wanted to view the report Sept. 28 but have not joined the NTU's request or suit.

Mayor Ras J. Baraka is another interested party - but not to where he is joining the NTU suit. The mayor's office held, "Why Black & Brown Unity Matters! An Integrational Report" in March, where several Global students aired their grievances.

"Everything that has to do with education is our domain," said NTU President John Abeigon. "We can't trust the superintendent's leadership to know what's best for teachers and students."

IRVINGTON

Authorities are asking the public's help in finding the driver who fatally struck a Newark youth Oct. 9 by the Garden State Parkway here.

State Police spokesman Dr. Jeffrey Lebron said that a 16-year-old boy was walking across Eastern Parkway by GSP north's exit 143C on-ramp at about 9:24 p.m. that Monday when he was struck by a northbound black Lexus.

First responders found the youth, who remains unidentified, by GSP Milepost 145.2.

Witnesses and security camera footage identified the hit-and-run vehicle as a 2004-06 black Lexus TL that had continued north onto the GSP. The Lexus sustained front end, passenger side door and outside mirror damage.

Anyone who knows of the vehicle and/or the incident are to call the NJSP at (732) 441-4500 Ext. 3400.

EAST ORANGE

Nov. 12 marks the 95th anniversary of the SS Vestris sinking, where an East Orange native performed his last heroic act.

Norman Kirkpatrick Batten, who was born here April 30, 1893, booked first class cabins for himself, wife Marion, business partner of Earl DeVore, DeVore's wife Ann, son Louis and family dog Speedway Lady on the SS. Vestris for a Nov. 10 Hoboken departure to Buenos Aires, Argentina.

Batten and DeVore brought with them a \$10,000 Miller Indycar, worth \$180,000 in to-

day's currency. They were planning to race there over the winter. He and DeVore had won an Indycar race each in the 1920s. Batten drove as a relief driver to Roseland resident Pete DePaolo in his 1925 Indianapolis 500-winning drive; DeVore, of Los Angeles, finished second in the 1926 500.

Batten was best known for standing on his car's seat and steering his flaming Miller away from the pits on the 1927 500's lap 34. Oil from a broken line had caught fire, causing burns to his right foot and leg - but he received a Carnegie Medal. He had enlisted at Fort Dix for World War One but was honorably discharged after an accident there.

The Battens, DeVores and some 125 other people of the 328 on board got only as far as some 200 miles east of Sandy Hook before the Vestris sank Nov. 11. Accounts of what happened to the Lamport & Holt steamship ranged from the incompetent to the practically criminal.

The liner owners allowed the ship to sail 800 tons over its 10,000-ton limit, some of that load shifting while at sea. An unlocked coal chute was letting water in during a 60-mph gale, causing the ship to list 20-degrees.

Batten and DeVore placed their families and separate lifeboats at 2:30 p.m. Nov. 12 but Batten's boat kept capsizing. Marion Batten, Ann and Louis "Billy" Devore and Speedway lady were rescued by the USS Wyoming - but Norman Batten and Earl DeVore were lost at sea.

ORANGE

Detectives from the city's police department and the Essex County Sheriff's Office are still investigating the circumstances and source of an Oct. 12 shots fired report near Monte Irvin Orange Park.

Officers from both law enforcement agencies converged at the Essex County park's northeastern corner after a shots fired report was made at 10:20 p.m. that Thursday.

Members from both departments said they had found shell casings in the intersection of Central and Oakwood avenues.

Findings of the subsequent investigation, including the shell casings' caliber, have not been divulged.

Central Avenue is an Essex County road. Oakwood Avenue, along the park's east side, is home to three senior citizens apartment buildings among several private homes. Celebrated Negro and Major League baseball player Monte Irvin lived at 400 Oakwood Ave. in a house that made way for a seniors apartment building.

Authorities are looking to link or quash any connection to the Central/Oakwood shots fired and a man walking into Newark's University Hospital with a gunshot wound at 10:30 that night. The victim said he was shot in East Orange's Tremont and Chelsea avenues - where neither the county sheriff's office nor the East Orange Police Department have any incident report.

WEST ORANGE

Bagels by Jarrett owner Jarrett Seltzer, who left the West Orange Police and Justice Building Nov. 7 with a Municipal Court ruling against him and for the West Orange Zoning Department, considers himself down but not out.

The municipal judge that Tuesday ruled that Jarrett's use of window shades and similar window covering at his store at 451 Mt. Pleasant Ave. was in violation of two sections of the township code. The judgement comes with a \$4,566 fine; he had been liable for a daily \$1,500 fine.

The first, Section 14-8.2(b) states that windows be uncovered, not opaque and without items on display. Screening windows from public view requires permission from the West Orange Planning Board. The second section states that signage in windows be no more than 33.33 percent of a window pane's square footage.

Seltzer tried to counter that the window shades were left over from a dance studio that had closed and moved out. The shading prevents sun glare from entering the store. Bagels by Jarrett has become a take out establishment.

(Continued on page 14)

Grant Writer Notice

LEGAL NOTICE TO ALL INTERESTED PARTIES. PLEASE BE ADVISED THAT THE CITY OF ORANGE TOWNSHIP (HEREAFTER "THE CITY"), A MUNICIPAL CORPORATION OF THE STATE OF NEW JERSEY, WILL BE ACCEPTING QUALIFICATION STATEMENTS IN RESPONSE TO REQUESTS FOR QUALIFICATIONS FOR THE FOLLOWING SERVICES: GRANT CONSULTING SERVICES: THE CITY OF ORANGE TOWNSHIP IS REQUESTING QUALIFICATIONS FROM QUALIFIED INDIVIDUALS AND FIRMS ("CONTRACTOR(S)" OR PROPOSER(S) TO PROVIDE GRANT CONSULTING SERVICES TO THE CITY IN ALL COUNTY, STATE, AND FEDERAL GRANT-IN- AID APPLICATIONS. PROPOSALS WILL BE EVALUATED IN ACCORDANCE WITH THE CRITERIA SET FORTH IN THE RFQ. ONE OR MORE INDIVIDUALS/FIRMS MAY BE SELECTED TO PROVIDE SERVICES. QUALIFICATION STATEMENTS MUST BE RECEIVED BY THE CITY NO LATER THAN 11:00 A.M. ON DECEMBER 13, 2023, AND MUST BE MAILED/ RECEIVED OR HAND-DELIVERED TO THE CITY OF ORANGE TOWNSHIP'S BUSINESS ADMINISTRATOR, AND ATTENTION: CHRIS HARTWYK, BUSINESS ADMINISTRATOR, ORANGE CITY HALL, BUSINESS ADMINISTRATION DEPARTMENT, 29 NORTH DAY STREET, SECOND FLOOR, ORANGE, NEW JERSEY 07050. QUALIFICATION STATEMENTS FORWARDED BY FACSIMILE OR EMAIL TRANSMISSIONS WILL NOT BE ACCEPTED. QUALIFICATIONS SENT EITHER BY MAIL OR COURIER SERVICE MAY BE RECEIVED BY THE BUSINESS ADMINISTRATION DEPARTMENT BUT THE CITY SHALL NOT BE RESPONSIBLE FOR THE LOSS, NON-DELIVERY, OR PHYSICAL CONDITION OF PROPOSAL STATEMENTS SENT BY MAIL OR COURIER SERVICE. QUALIFICATION STATEMENTS MUST BE SUBMITTED INDIVIDUALLY IN A SEALED ENVELOPE. COPIES OF THE CITY'S REQUEST FOR QUALIFICATIONS CAN BE OBTAINED BY CONTACTING WENDY SYKES EMAIL ADDRESS: WSYKES@ORANGENJ.GOV OR THE CITY WEBSITE: WWW.CI.ORANGE.NJ.US UNDER THE BUSINESS TAB BIDS AND SOLICITATIONS. QUALIFICATION STATEMENTS ARE BEING SOLICITED THROUGH A FAIR AND OPEN PROCESS IN ACCORDANCE WITH THE PAY-TO-PLAY LAW, N.J.S.A. 19:44A20.5 ET SEQ. AND THE MUNICIPAL ORDINANCES OF THE CITY OF ORANGE TOWNSHIP. QUALIFIED RESPONDENTS MAY HAVE TO BE APPROVED BY RESOLUTION OF THE CITY OF ORANGE TOWNSHIP CITY COUNCIL.

PROJECT RE-DIRECT LAUNCHING GIVING TUESDAY CAMPAIGN

Project Re-Direct - GIVING TUESDAY CAMPAIGN from Nov. 27 - Jan. 1 is a 'global generosity movement unleashing the power of radical giving'. It's during this small space in time that generous people begin to think about the plight of children and their vulnerability. Many marginalized children are often attempting to live, survive and cope with the culture of poverty.

Many children struggle with food shortages, mental and physical health challenges, abuse, maltreatment, poor education (learning loss) and a host of other atrocities. Project Re-Direct/Youth & Families Service, Inc., has been successfully addressing, researching and implementing many viable programs for these young children and their families. We have been successful because of the generosity of people, such as yourselves.

These are the testimonials of some of our parents and student, says young 9 year-old Arielle Jordan, "I like it here. I get to see my friends and I learn math." Her mother who home schooled her for a while says, "my daughter is changing and not afraid to step out, stand up and volunteer. She's stepping forward and saying I will try, and I want to do it. Thank you, Ms. Berry." said Ruth Jor-



dan the mother of Arielle.

Ayesha Boyd has three of her children attending this program, including six-year-old twins Tobias and Morgan. She enthusiastically stated that this program has allowed them to learn and work at their own pace; furthermore 'they receive extra support on Saturdays when it's not so much pressure.'

Michael Franklin with two granddaughters shared with the reporter that they want to come rain or shine. "They are anxious to get here when there is a snowstorm." The reporter Vanessa Tyler further states, "the program has been around Newark for many years, estimates are that thousands of children have been helped along the way."

Finally, Jalani Stewart expresses himself favorably towards Project Re-Direct. He was a student since the 3rd grade. He states, "I was at the top of my class because I knew everything before everybody else, because of this program." He is now working as an assistant teacher.

Project Re-Direct's supporters often applaud them for being unique by "having successful programs during non-traditional school hours."

Tenured Board Member Reuben Fryar states, "many of Newark's youth come to this program to avoid their negative environment, and learn better behaviors. This is why the Board is committed to raise money for this community-based program."

We Salute our Corporate Sponsors: NJEA, Newark Teachers Union, AFT/NJ, PNC Bank. PSEG Foundation, Children's Foundation of New Jersey, McDonalds Corp., Jessica Quintana.

If you want to contribute to this cause, you can by visiting the website www.projectredirectnj25.org. Our children are depending upon us. Thank you in advance.



*From
The
Pastor's
Heart*

OP-ED BY DR. ROBERT KENNEDY

**Confess Your Faults
To One Another**

Some time ago, I read a line in a blog that said, "We do not need to dump off our problems on other people and add to their load."

This is an excellent piece of advice that everyone needs to heed, but I would say especially by those on social media who hang all their "dirty linens" in public view. One church member who is often on Facebook (Meta) was talking to me, and made me aware that if I want to know the private lives of some of the people I am not hearing from, I can go on Facebook. There, they tell everything without any reserve. Yes, advice is being given these days about "How to create a Facebook Confession Page." I am not advising it, but this is how it goes.

- **Step 1:** Log in to your Facebook account.
- **Step 2:** Click on Create a page as you create normal pages.
- **Step 3:** Select **Cause or Community** and then write the name of the page (such as confession).
- **Step 4:** Click on Get Started. Next, you have to update your page cover picture and page profile pic as you wish.

- **Step 5:** Invite your friends and family members to like the page. Everything is done with the Facebook page; you need to link it with the Anonymous form.

Life has changed, one might say; confessions used to be made in the private space, except for cases like the Pharisees, who liked to stand on street corners or in the synagogues shouting their prayers. When Jesus commented on their hypocritical behavior, he instructed, "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." (Matthew 6:6)

The point is that confessions to God are well-wrought when done in the private spaces of prayer rooms. The change began in the historical the Middle Ages when priesthood power became so all-encompassing that church folks were told to confess all to their priests. The people went with their lists and spoke to the priests at a confessional box through a little window. Then came our contemporary times of the ubiquitous reality TV shows such as Phil Donahue, Oprah Winfrey, Maury Povich, etc., where confessions were/are taken into public view.

In many cases, the **confessions** consist(ed) of the most bizarre shock dramas in relationships, public rants, fighting, fake tears, etc. The camera cut is/would be done just when viewers are/were at the height of their emotions. People call it being transparent when they "tell all" of what is/would be better if it is/

were done in private. But the intent is/has not been to call upon God for repentance and transformation, but to create drama.

Having said the above, we might ask, what did the writer of the book of James mean when he instructed the members of his congregation to "Confess your faults to one another"? (James 5:16). Did he mean the kind of "dramatic tell-all" described on Facebook, social media or Reality TV, or as was/is done in the confessional boxes to priests? Let's be serious. I do not think he meant that.

To clarify, the instruction or verse in its context is speaking of being in a sick room with an individual weighed down with guilt. Such a one is instructed to confess their sins (which may have caused the sickness) to the elders who are to pray for them *so that they may be healed*. That is NOT teaching public confessions of sins. It is regrettable that the verse has been taken out of its context and has led to the kind of false practices that are in vogue today.

I suggest that the reading of the text in the King James Version helps to make a distinction between confessing our sins to one another and our faults. Some commentators have argued that "sins" and "faults" are two different words in Greek. The word for "sin" is translated from the word *hamartia*, while the word for "fault" is *paraptoma* and is translated as "fault, trespass, offense, fall." I do not want to make too much of such distinctions, since *paraptoma* **might also be translated as a special kind of sin**, but let me argue that "faults" are not "sins";

they are the weaknesses, the propensities that we have that can lead us to fall into the bondage of sin. We do well to make our faults known to our trusted accountability partners who can help to guide us, that is, caution us, correct us, help us, or remind us of the resources that we might use to not fall into sin.

The rule for dealing with a fault is to confess it, and ask God to help us transform it. Do not nurture any fault that might appear in your character.

The rule for the confession of sin, is to confess to God, and if we sin against others, we should make things right and be reconciled with the persons we have directly sinned against by confessing and making it known to them (Matthew 5:23, 22). Get rid of bitterness, grudges, gossip, and other sins of the heart and mouth. The rule of confession to one another is to confess your sin and tell only those who are directly involved as long as it does not cause even more damage to the parties involved. Keep things between you and God.

If a sin is private, then handle it privately; if it is public, then handle it publicly. But there is no need to go on TV or Facebook or some other public media to broadcast it. More damage is being done through these public confessions than one might desire.

The bottom line is that we must make sure that our confessions are sincere and get us into the right relationship with those against whom we have sinned. And most significant of all, is to ensure that our relationship with God is right because, in the final analysis, all sins are against God.

NJ TRANSIT (Continued from page 5)

serves East Jersey Street and Elizabeth Avenue Elizabeth as well as Jersey Gardens. Provides service to Downtown Newark, Orange, and Elizabeth, and connections to NJT rail at Elizabeth, Orange, and Brick Church.

- Weekday 5:00 AM - 2:14 AM with service every 20 minutes, AM and PM peak, and Mid-day and every 30 minutes evenings and late night.
- Saturday 5:00 AM - 1:35 AM with service every 20 minutes mid-day, every 30 minutes early AM, evening and late night.
- Sunday 5:15 AM - 1:21 AM with service every 30 minutes, all day.

New NJ TRANSIT #31 Line

- Serves the South Orange Avenue Corridor from downtown South Orange, at the rail station, to Springfield Avenue in Newark, and continues to Penn Station, via Market Street, providing multi-modal connections.
- Weekday 5:00 AM - 1:53 AM with hourly service from South Orange and every 20 minutes AM and PM peak from South Orange Avenue/ Dover Street Loop, and every 30 minutes off-peak, evenings and late night.
- Saturday 5:00 AM - 1:22 AM with hourly service from South Orange and every 30 minutes from Dover Street Loop.
- Sunday: 5:00 AM - 1:31 AM with service every 45 minutes in the mid-day from

South Orange, and every 60 minutes early morning, evening and late night. All service operates South Orange - Newark Penn on Sunday.

New NJ TRANSIT #44 Line

- Connects Newark Penn Station with downtown Orange at the Orange Rail Station for multi-modal connectivity. Provides service to the Veteran's Hospital in East Orange. Serves Tremont Avenue, Rhode Island Avenue, Freeman Avenue, and Central Avenue in Orange, East Orange, and Newark.
- Weekday 5:00 AM - 12:28 AM with hourly service all day.
- Saturday 6:00 AM - 12:27 AM with

(Continued on page 15)



ENROLL NOW

AT ONE OF OUR TWO GREAT CAMPUSES!

www.essex.edu

MAIN CAMPUS

303 University Ave. Newark, NJ 07102
(973) 877-4477

WEST ESSEX CAMPUS

730 Bloomfield Ave. West Caldwell, NJ 07006
(973) 877-6594



Watch the Essex County College *Community Education Forum* TV Series, hosted by Alfred Bundy on and

ARCHDIOCESE OF NEWARK'S 30TH ANNUAL BLUE MASS HONORS 14 FALLEN POLICE OFFICERS & FIREFIGHTERS

Photos by Archdiocese of Newark / Julio Eduardo Herrera



NEWARK - The Archdiocese of Newark honored the dedication and sacrifices of New Jersey law enforcement personnel - plus two Newark firefighters whose deaths garnered national attention earlier this year - at the 30th Annual Blue Mass on No-

vember 2 in Newark's Cathedral Basilica of the Sacred Heart. Cardinal Joseph W. Tobin, C.Ss.R., Archbishop of Newark, presided over the liturgy, which featured a solemn procession of police honor guard units, bagpipers, and drummers.

This year Governor Phil Murphy, Attorney General Matthew J. Platkin, and numerous other dignitaries joined hundreds of law enforcement officials from throughout the state to pray for six police officers who recently died in the line of duty or

while helping others: Bayonne Police Captain Paul Jamolawicz, Port Authority Police Officer Anthony Varvaro, Deptford Township Police Officer Robert Shisler, U.S. Customs Supervi-

(Continued on page 14)

BLACK LIVES, ANIMAL LIVES, ALL LIVES MATTER



By Michelle Lowe

EST...1996

Message For You

Greetings to all of you, and I hope you all are doing well. We are finally back with the cold, so let's stay bundled and dress warm. I can surely tell you I'm not trying to get sick.

For the parents or guardians, I see a lot of little ones outside daily not dressed properly for this weather. Remember, a child's immune system isn't the same as adults. They are more easily exposed to hypothermia,

which can cause them to freeze and be hospitalized depending on such conditions. So please parents, dress your kids the right way.

Now moving right along folks. Some of us are very busy people, working more than one job making sure ends meet. Trying to handle everything in one day. Trust me, I know; I do it myself. Slow down, everyone. You're putting yourself in a situation where you are moving too fast. What happens next is you misplaced something or are forgetting other things like bills and etc. as well.

DECIDE	DO
DELETE	DELEGATE

I always say you can only do so much in one day. Leave it in God hands; there's always a way. Your mental health is just as important as

your physical health people, don't forget. Adding too many things to your day can cause confusion. And we know what it takes to have a good day; starting off with a clear mind and clean body.

Before I depart you all, remembered to be blessed. There are some people that didn't get a chance for another day. What you think may be bad for you, there's someone out there going through way worse. Be grateful for life, people. Don't walk around with a chip on your shoulder and a frowning face. We all have our days. No one is perfect, but know how to conduct yourself and take control.

P.S. We shall not forget and keep in mind those people that have gone missing and are still missing as it continues. 'Til next time, peace and love.

ADVERTORIAL



ARCHDIOCESE OF NEWARK'S 30TH ANNUAL BLUE MASS HONORS 14 FALLEN POLICE OFFICERS & FIRE-FIGHTERS (Continued from page 13)

sor Jacqueline Montanaro, Timothy Sullivan of the Bergen County Sheriff's Office, and New Jersey State Police Lieutenant Gerald Barbato. Six other deceased officers were also recognized.



Additionally, for the first time in its three-decade history, the Blue Mass honored two local firefighters - Captain Augusto Acabou and Captain Wayne Brooks, Jr., of the Newark Fire Department, who were killed while fighting a blaze aboard a Port Newark cargo ship July 5.

The two men's tragic deaths made headlines nationwide - President Joe Biden even expressed his condolences - but particularly impacted Newark, which is why they were specially included in the liturgy.

Reflecting on the deaths of these heroes in his homily, Cardinal Tobin stressed that the ultimate sacrifices made by the 14 memorialized at the Blue Mass were not done in vain: "(They) are at peace now because they are in the hands of God."

To learn more about the Archdiocese of Newark, visit www.rcan.org.

TOWN WATCH (Continued from page 10)

Seltzer, that same Nov. 7, said he will be filing for an appeal with the State Appellate Court in Newark. The filing stays the \$4,4566 fine levied against him.

He then announced on Nov. 11 that he has launched a GoFundMe.com page to help with the legal expenses. While Seltzer estimated his pulled permits, fines and legal costs to between \$100,000 and \$150,000, he is aiming for a \$35,000 GoFundMe goal.

Setzler, as of 5 p.m. Nov. 13, has received \$8,453 in donations.

SOUTH ORANGE

The South Orange Public Library will start its transition to temporary quarters at 298 Walton Ave. and the closer-by Baird Center Dec. 11-late January 2024.

Moving SOPL two interim locations will allow contractors to build a two-story connector between its current 1968 building at

65 Scotland Rd. and its original Connett Memorial Library. The work is being funded by a \$6.529 million State Library Construction Bond fund award.

The transition starts when SOPL is formerly enrolled into the BCCLS.org interlibrary loan system Nov. 26. It will be the latest of the 75 participating public libraries - including West Orange, Maplewood, Livingston, Bloomfield, Glen Ridge and Montclair - in the Paramus-based system.

Dec. 12 is when some of SOPL's holdings will go to 298 Walton. Some services will be suspended or done over the telephone or online; some other events will be in-person. SOPL, in a sense, is going to the dogs - or where the independent Jersey Animal Coalition shelter was until 2015.

Some SOPL holdings, events and services will be going to the remodeled Baird Center, 5 Mead St., when the latter reopens later this year.

MAPLEWOOD

A 10-year Maplewood Police Department officer is suing the squad, the township and particular individuals for what she said was their not complying with the state CROWN Act.

Off. Chain Weekes-Rivera and her Newark attorney, John D. Doyle, had filed a discrimination suit in State Superior Court-Newark Nov. 8 for Maplewood's finest and elders for what she said was their not complying with NJ's 2019 Create and Respectful and Open World for Natural Hair Act.

The officer, who had been hailed as a "Sheroes of the MPD," said that she had reported to duty Aug. 20 while wearing her hair in Bantu knots. She received an Aug. 31 note from MPD's Internal Affairs office, saying that she had "violated the department's dress code." Her sergeants on the Aug. 20 shift were disciplined for "failing to supervise" by refusing to order Weekes-Rivera to

(Continued on page 15)

TOWN WATCH (Continued from page 14)

change her hairstyle.

The named defendants or respondents in the suit include Mayor Dean Dafis, Police Chief Albert Sally and Capt. Peter Kuenzel.

"The Township Committee was made aware on Nov. 10 of the lawsuit that Off. Weekes-Rivera had filed on Nov. 8," said Township Business Administrator Patrick Wherry. "In response to the lawsuit and based on the recent adoption of the CROWN Act, the Committee has directed the Police Department to immediately review its policies to ensure compliance with the law."

BLOOMFIELD / GLEN RIDGE

Registered Bloomfield voters here may find themselves voting for Township Mayor twice in as many years in 2024-25.

Mayor and General Assemblyman-Elect Michael Venezia announced on Nov. 9 that he will leave his municipal post Jan. 6 so that he will be sworn into his newly-elected job in Trenton Jan. 9. His stepping down will start a 35-day clock where the Bloomfield Democratic Committee will present three names for Township Council consideration as Venezia's successor.

The council, on or before Feb. 14, will vote and swear-in the appointee - who will start completing Venezia's unexpired term. Venezia has been into the first year of a three-year term after getting re-elected without opposition in November 2022.

A state statute, where a governing body has to run a special election for any unexpired term that is longer than a year, will then be held here Nov. 5, 2024.

The appointed mayor will have the option to run in the unexpired term election in 2024 - and for a new three-year term in November 2025. Whether it will be the same person or two different ones depend on the appointed mayor's desire and/or Bloomfield Democratic Committee backing. The November 2025 election is also scheduled for the Council's three at-large seats.

Venezia will continue to serve Bloomfield as a 34th Legislative District Assemblyman Jan. 9 onwards - along with Orange, East Orange, Glen Ridge, Belleville and Nutley.

MONTCLAIR

The Montclair Public Library Board of Trustees found themselves working overtime during the Veteran's Day weekend over who has access to their conference space.

The trustees held a special emergency meeting at 3 p.m. Nov. 11 to review reconsideration forms over an event scheduled for 1:30 p.m. here Nov. 12. The meeting was a panel conference by the Jewish

Voice for Peace -Northern New Jersey Chapter and moderated by "Quaker historian" Steve Chase.

The trustees allowed the conference to proceed but had MPL Director Janet Torsney issue the following statement:

"The Board concluded that there was no basis to cancel the event, which is not a library program, so it should be permitted to proceed as scheduled. The Open Conversation is being held by a group of nonprofit organizations. which followed the proper procedure to request meeting room space."

The MPL Meeting Room Use policy states: "Permission to meet at the library does not in any way constitute the library's endorsement of any organization's viewpoints, beliefs, policies or affiliations."

"Local Talk" noticed two police saw-horse barricades flanking the Main Library's main entrance at the 2 o'clock hour Sunday. North Fullerton Avenue was closed to vehicular traffic between Plymouth Street and Roosevelt Place by at least a police squad car each from Montclair and Glen Ridge.

Some 50 people, wearing "Stand with Israel" and "Bring Them Home!" signs, were behind one side of the barricades. Another five people, including one wearing a "Jews for a Free Palestine" shirt, stood behind the other set of barricades.

BELLEVILLE / NUTLEY

Police officers from both townships assisted detectives from the Bergen County Prosecutor's Office Narcotics Task Force in searching three properties in a Nutley man's name - and in arresting him - here Nov. 9.

Bergen County Prosecutor Mark Musella said that search warrants were served on Omar Rios, 44, and three of the properties he either owns or leases -- 510 Franklin Ave. and 94 Bloomfield Ave. in Nutley plus a detached garage at Belleville's 45 Watchung Ave. that Thursday.

510 Franklin which used to house the Franklin Theatre, is better known since 2001 as the Franklin Commons apartment, storefronts and office building. 94 Bloomfield hosts the COVID-94 Bar.

The search served at 510 Franklin's Apt. 15 yielded "more than 800 grams of cocaine, a hydraulic press used for compressing cocaine for distribution, cutting agents, packaging material and \$508,070 in suspected proceeds from drug sales.

Another \$273,920 "in illicit drug sales proceeds" were found at 94 Bloomfield. The 45 Watchung visit yielded "10 exotic vintage cars believed to be purchased from proceeds of illicit drug sales."

BCPO detectives believe that Rios used the latter two locations as "stash houses." Musella did not say how his

Hackensack-based office began to investigate Rios and his properties.

Rios has been housed in Hackensack's Bergen County Jail; he may have an appearance before the Central Judicial Processing Court when you read this. He faces first-degree counts of narcotics possession, possession thereof with an intent to distribute, drug paraphernalia and maintaining a controlled dangerous substance manufacturing facility plus a second-degree count of money laundering.

NJ TRANSIT (Continued from page 12)


hourly service all day.

- Sunday: 6:30 AM - 12:52 AM with service every 80 minutes all day. The above restores 24, 31, 44 service to pre-July 22 levels.

Previous Coach/ONE cuts - including the No. 31's Maplewood Loop, RWJBarnabas Health Cooperman Barnabas Medical Center and/or the Livingston Mall branches - remain.

BANKRUPTCY
CHAPTER 7 BANKRUPTCY
CHAPTER 13 BANKRUPTCY

- ◆ Stop Bank Levies!
- ◆ Stop Wage Garnishments!
- ◆ Stop Creditor Harassment
- ◆ Stop Foreclosure!!
- ◆ Stop Eviction! Protect Cosigners
- ◆ Restore Driving Privileges
- ◆ Prevent Auto Repossessions
- ◆ ELIMINATE Credit Card & Medical Debt.



FOR FREE CONSULTATION:
 Call
DAVID WITHERSPOON
 Attorney-at-Law
 142 Lafayette Street
 Newark, NJ 07102
973-342-6653
973-489-9005

LOW RATES: ONE PHONE CALL
 MAY REDUCE YOUR STRESS!

David Witherspoon, Attorney-at-Law, is a Debt Relief Agency.
 A firm dedicated to helping individuals find relief under the Bankruptcy Code.

www.bellaitaliarestaurantnj.com



Bella Italia Ristorante
 Banquet Facilities & Fine Dining

Phone: 973-676-4300 / 973-678-5538 535 Central Avenue
 Fax: 973-678-2673 Orange, NJ 07050
 Near Rte. 280 and The West Orange Line

LOCAL TALK PRINTING

- Business Cards
- Color Copies
- Flyers
- T-Shirts
- Color Printing
- Posters
- Newspapers
- Letterheads
- AD Journals
- Envelopes
- Banners
- Tickets
- Signs
- Promotional

DHIREN SHAH
 Ambassador for Peace
 Publisher / Editor-in-Chief
 In Printing Business Since 1985
 www.localtalkweekly.com

1576 Springfield Ave.
 Maplewood, NJ 07040
 Email: localtalk@aol.com

Tel. (973) 622-1111
 Cell: (973) 280-7547
 Fax: (973) 622-1120



Your new medical team has arrived and we're **open 7 days a week.**

At American Family Care, we're standing by and ready to treat you and your family right now. Great health care is just around the corner from where you are, early or late, seven days a week.

Our Services

- Urgent Care
- Family Care
- On-site X-ray
- Labs & Testing
- Vaccinations
- Occupational Medicine
- School/Sports Physicals
- and more

AFC Bloomfield

220 Bloomfield Avenue, Bloomfield, NJ 07003
862-283-0000 | afcurgentcare.com/bloomfield

No appointment needed.

M-F: 8am to 8pm, S-S: 8am to 5pm



american family care®
URGENT CARE

